

Also available:

**"AFFIRMATIONS FOR
THE BACH FLOWER REMEDIES"**
by Hugh MacPherson

Affirmations are positive statements that are used in conjunction with the flower remedies to enhance their effect. They work by simply counteracting the negative behaviour or attitude associated with the remedy. This booklet lists several affirmations for each of the 38 Bach Flower Remedies and offers some ideas on how best to use them.

Copies of this booklet are available from Hugh MacPherson, 13 St. Saviour's Place, York YO1 2PJ, England at £1.20 a copy. Send an A5 sized stamped addressed envelope (or an extra 25p for postage and packing). For orders of 10 or more the cost is 80p per copy with an additional 10% for postage and packing.

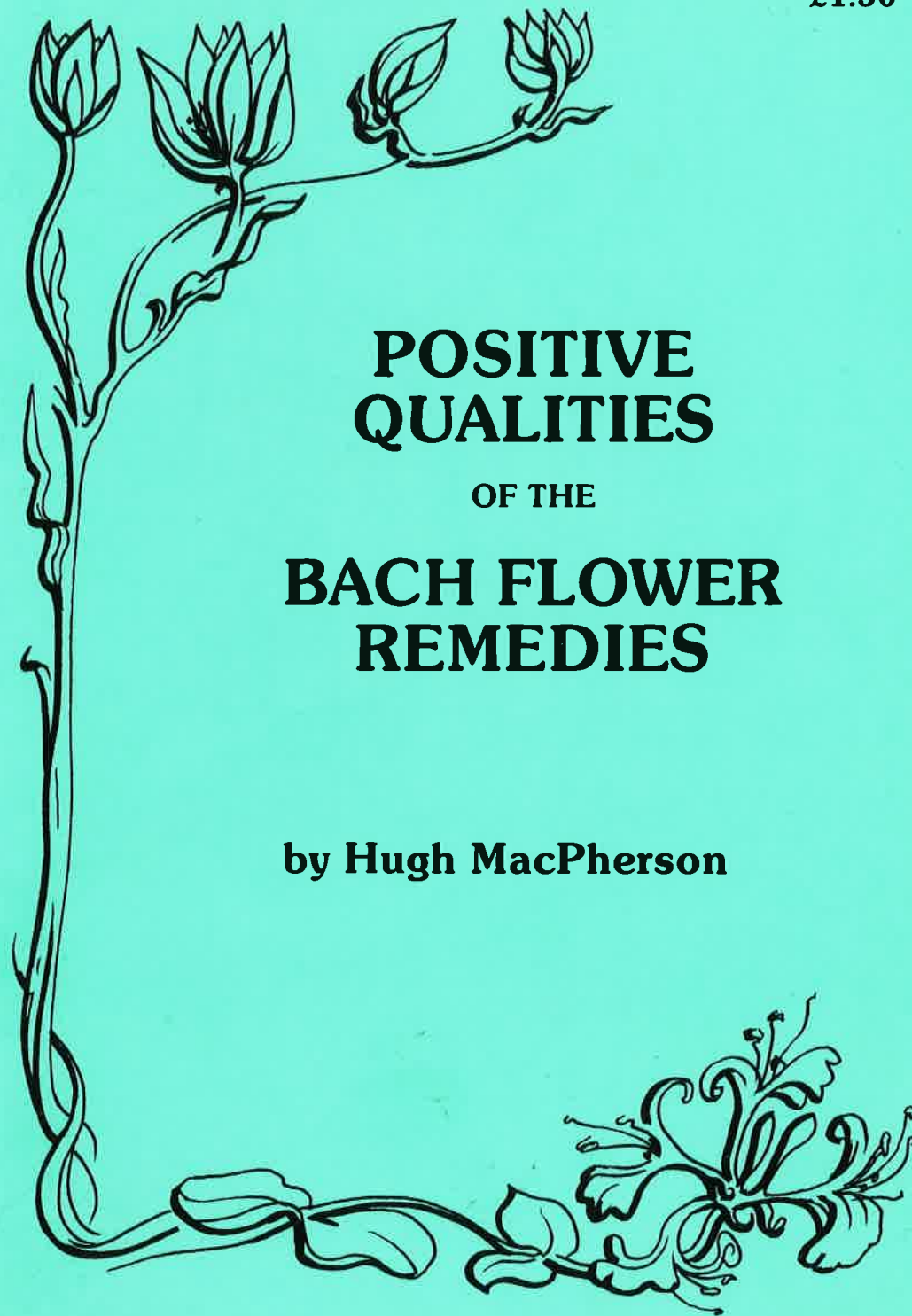
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YORK BEACON
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**POSITIVE
QUALITIES**

OF THE

**BACH FLOWER
REMEDIES**

by Hugh MacPherson



INTRODUCTION

The Bach Flower Remedies have been used for over 50 years to treat the mental and emotional causes of disease. A set of remedies consists of 38 wild flower essences. Each essence or remedy is used to treat a particular mental or emotional cause of imbalance or disharmony. The remedy works in two complementary ways. On the one hand it dissolves the negative patterns that we carry within us. These negative patterns consist of the mental habits, attitudes and behaviours which hold us back and limit us. Our patterns are separate from who we really are, and as we dissolve the patterns we eliminate their influence over us. On the other hand the remedy enhances particular positive qualities that we have lost touch with. These positive qualities are our birthright: our zest, our intelligence, our inherent power, our ability to learn and grow and our joy in living. Through enhancing particular positive qualities, the remedy helps us get back in touch with our real selves.

This small booklet provides a list not only of the positive qualities associated with each remedy, but also a list of the negative patterns. Although the list of negative patterns is available from many other sources, it is included here for the sake of completeness and to help make this booklet more useful in prescribing and self-diagnosis. However a key insight of Dr Bach's was that it is worse than useless to suppress or do battle with one's negative patterns. The more we engage with the pattern itself, the more attention we give it and the more power it seems to have over our lives. The alternative, as Dr Bach said, is to "develop the opposing virtue". By this he meant that if for example we find ourselves consumed by hate, then we can develop the opposing virtue and positive quality of love. However there is a dearth of information on what exactly are the positive qualities of each remedy, and it is the purpose of this small booklet to make this information available.

Note that the positive qualities presented here are not the "positive" aspects of the pattern. For example, the pattern associated with Agrimony is compulsive cheerfulness hiding inner torment. While the "positive" aspect of the pattern is cheerfulness, the positive quality enhanced by Agrimony is inner peace where cheerfulness is a choice rather than a habit. This booklet lists such positive qualities and not the "positive" aspects of the pattern.

To take another example, if someone appears aloof and distant and has difficulty forming warm and close friendships, then the negative pattern would point to Water Violet being the appropriate remedy. As a prescriber we are clear in our minds what the positive qualities being developed by taking Water Violet remedy drops are, such as openness, friendliness and reaching out to others. We can enhance the healing process by encouraging the person who appears aloof to act on the basis of these positive qualities. This may mean deciding to be more open and more friendly. It may mean going after particular person in order to form a stronger friendship. Such a course of action will inevitably, if followed through, help shift and eliminate the negative pattern of appearing aloof and distant. So by acting on the basis of our inherent nature we get closer to who we really are, a person who naturally is sociable and friendly and finds it easy to form strong friendships. Developing our positive qualities in the very area we are stuck helps dissolve the negative pattern and enhance the potency of the remedy.

AGRIMONY

Negative patterns dissolved by Agrimony

hiding worries behind a brave face
hiding inner torment by being cheerful and humorous
using alcohol and drugs for stimulation and excitement
presenting a cheerful and carefree face to the world no matter

what

seeking excitement and activity to overcome worry
getting distressed by arguments and giving up much to avoid them
avoiding our own company, companionship offers escape
restless thoughts on retiring at night

Positive qualities enhanced by Agrimony

inner peace of mind
honesty with ourselves and others
showing others who we really are
enjoying our own company
being cheerful by choice
sticking to what we believe in when in conflict

ASPEN

Negative patterns dissolved by Aspen

vague unknown fears
inexplicable apprehension
being afraid to talk about our fears
anxiety attacks with trembling and shaking
terror on waking up at night, fear of going back to sleep
fear of evil, darkness and death
sudden inexplicable terror or panic

Positive qualities enhanced by Aspen

fearlessness and courage
openness to life's experiences
readiness for adventure and excitement
a sense of inner security and ease of mind
the ability to face our fears calmly and confidently



Agrimony
Agrimonia eupatoria



Centaury
Centaurium erythaea

BEECH

Negative patterns dissolved by Beech

finding fault and being critical
seeing only the negative side of things
being intolerant and judgmental of others
strictness and requiring discipline and order
isolation and feeling disconnected
arrogance

Positive qualities enhanced by Beech

the ability to see everyone's inherent goodness
tolerance, leniency and understanding towards others
acceptance of the differences in others
being gentle and good to oneself
offering our love unconditionally
a sense of connectedness and companionship with others
humility

CENTAURY

Negative patterns dissolved by Centaury

weak will, submissiveness and allowing ourselves to be imposed upon
choosing a role of helping and serving which ends in drudgery
inability to stand up to people, timidity
being anxious to look after others but neglecting ourselves in the process
seeking strength of personality through others rather than within ourselves
failing to work towards one's own life mission
lacking vitality because of doing too many favours, tiredness

Positive qualities enhanced by Centaury

strength of will
being in charge of our own life
the ability to stand up for ourselves
saying no when appropriate
living our lives for ourselves and thriving on it
meeting our own needs
helping others because we really want to and it is a pleasure
inner strength that depends on no-one else

CERATO

Negative patterns dissolved by Cerato

tending to doubt our own judgment
insufficient confidence to make our own decisions
constantly seeking advice from others
mistrust of our own intelligence and intuition
keeping to what is conventional and accepted
being easily led astray or misguided

Positive qualities enhanced by Cerato

trusting our own judgment, intelligence and intuition
confidence in our decisions
knowing what is right for ourselves
having a strong sense of identity
having the courage of our convictions
having high self esteem

CHERRY PLUM

Negative patterns dissolved by Cherry Plum

uncontrolled irrational thoughts
fear of doing some dreadful thing against our will
fear of having a mental breakdown
being obsessed by particular fears or delusions
acting desperately
having murderous or suicidal impulses

Positive qualities enhanced by Cherry Plum

calm strength in a crisis
being solid as a rock
having control of our own thoughts and feelings
confidence that we will always act on the basis of what is true and right
emotional balance and stability

CHESTNUT BUD

Negative patterns dissolved by Chestnut Bud

continually repeating the same mistake possibly without realising it
taking longer than others to learn from experience
poor attention to detail
failing to base actions on past experience
getting repeatedly stuck in the same situations
difficulty seeing more than superficial lessons in our lives

Positive qualities enhanced by Chestnut Bud

learning easily and quickly
being carefully observant, seeing things as they really are
good concentration
using mistakes as an opportunity for learning and progressing
learning the deeper lessons from our experiences

CHICORY

Negative patterns dissolved by Chicory

being over mindful of the needs of others, forcing our good deeds on them
clinging and being over protective towards those we are close to
being possessive, self-centred and controlling
feeling needy, demanding of attention, offering conditional love
self pity and martyrdom when we are not getting our own way
constantly commentating, correcting and criticizing

Positive qualities enhanced by Chicory

offering unconditional love
respecting the independence of others
able to give freely and without self-interest
recognizing that we are worthy of everyone's love
knowing we have all the attention we need
living our lives to the full



Crab Apple
Malus sylvestris

CLEMATIS

Negative patterns dissolved by Clematis

dreaminess, drowsiness and not being fully awake
 living more in the future than in the present
 absorbed by our own world of fantasies and thoughts
 absentmindedness, inattentiveness and listlessness
 lacking involvement with and interest in the realities of the present
 making no effort to get well

Positive qualities enhanced by Clematis

living in the present
 having an active interest in everything
 being well grounded and earthed
 bringing projects and plans into fruition
 seeing difficulties as challenges to be engaged with
 getting the most out of everything we do

CRAB APPLE

Negative patterns dissolved by Crab Apple

feeling impure, dirty or contaminated
 difficulty eliminating poisons or toxins from our bodies
 self disgust or shame about our condition
 believing that we deserve our problems
 being obsessed by some minor ailment or mental habit
 excessive attention to cleanliness, anxiety about dirt

Positive qualities enhanced by Crab Apple

the ability to cleanse ourselves of unwanted substances
 a belief in our original and essential innocence
 knowing that we deserve to be healthy
 loving ourselves, our bodies and who are really are
 promoting our self-healing

ELM

Negative patterns dissolved by Elm

feeling inadequate for the task in hand
getting weighed down by excessive sense of duty and obligation
despondency when it all feels too much
temporary loss of confidence and strength
tending to be over-responsible and having difficulty delegating
striving to be perfect in all things

Positive qualities enhanced by Elm

unshakeable confidence and strength
knowing that we are only responsible for the things we choose
able to ask for help and to delegate when necessary
seeing problems and difficulties in their perspective
being realistic about turning ideals and plans into action
letting go of any need to be perfect

GENTIAN

Negative patterns dissolved by Gentian

easily getting discouraged and disappointed
feeling disheartened by apparent setbacks
negativity which attracts difficulties and problems
pervasive pessimism which one clings onto
gloom and depression, usually for a known reason
giving up trying all too easily

Positive qualities enhanced by Gentian

determination to persevere no matter what
positive attitude that makes light of obstacles and difficulties
a cheerful optimism and confidence
conviction that ultimately we will be successful
taking responsibility for the way we live our lives
seeing setbacks as an opportunity for change and growth

GORSE

Negative patterns dissolved by Gorse

feelings of hopelessness
believing that nothing more can be done
loss of will to change things
pessimism, defeatism, resignation and despair
seeing life as full of suffering
negative expectations attracting negative results

Positive qualities enhanced by Gorse

a sense of hope and confidence in the future
deciding to be optimistic and acting on that basis
belief that difficulties and problems will be overcome
strength of will
having faith in life and the good things that it brings us
inner conviction about what is true and right

HEATHER

Negative patterns dissolved by Heather

greediness for the attention of others
overconcern with our own problems, self-centredness
tending to feed on the energy and vitality of those around us
difficulty in listening to or being interested in others
hating being alone and avoiding it at all costs
feeling needy and that we have nothing much to give

Positive qualities enhanced by Heather

finding listening to others a joy and a pleasure
offering care and concern for others, always ready to help out
bringing energy and vitality into relationships
enjoying our own company and getting recharged by it
the ability to look after ourselves and meet our own needs
being in touch with our natural charisma

HOLLY

Negative patterns dissolved by Holly

being overwhelmed by envy, jealousy, suspicion
suffering an inner torrent of negative and destructive thoughts
difficulty letting go of hatred, aggressiveness and bad feelings
losing touch with love, gentleness and compassion
hating ourselves and hating ourselves for hating ourselves

Positive qualities enhanced by Holly

expressing unconditional love freely and willingly
radiating joy and happiness
enjoying seeing others succeed
spontaneous generosity and warm-heartedness
a sense of being at one with the world
being gentle and compassionate towards others
having a deep and unreserved love for ourselves

HONEYSUCKLE

Negative patterns dissolved by Honeysuckle

living in the past and romanticising it
feelings of nostalgia, homesickness
lacking interest in the present or the future
feeling unable to let go of painful or traumatic memories
having regrets about missed opportunities or unfulfilled dreams
difficulty getting over the loss of a loved one
stagnating in our lives, not moving on or growing

Positive qualities enhanced by Honeysuckle

living in the present, being here now
the ability to learn from past experiences and let go of them
seeing the past in perspective
looking forward eagerly to the future
welcoming the process of growth and change



Honeysuckle
Lonicera caprifolium

HORNBEAM

Negative patterns dissolved by Hornbeam

easily succumbing to mental or physical exhaustion
tiredness and weariness
lacking interest in our normal activities
feeling one has insufficient strength or ability to cope
life feeling like a burden and that everything is an effort
needing something stimulating in order to get going

Positive qualities enhanced by Hornbeam

confidence in our energy and strength
enormous stamina and staying power
setting our lives up to be interesting and fulfilling
living with a sense of effortlessness
feeling bright, awake and fresh all day
being excited by possibilities, engaging passionately in them

IMPATIENS

Negative patterns dissolved by Impatiens

being irritable, impatient and critical both of oneself and others
lacking patience and understanding, cross and peevish
believing that there is never enough time
tending to rush and go too fast
shortlived angry outbursts
preferring to work alone to avoid the frustration of working with others

Positive qualities enhanced by Impatiens

patience and understanding
tolerant and accepting of ourselves and others
knowing that there is all the time in the world
taking things slowly and carefully when appropriate
handling stress well, relaxing easily
living one's life in a calm and meditative way
the ability to work well and easily with others

LARCH

Negative patterns dissolved by Larch

profoundly lacking in confidence
assuming that we are not good enough, feeling inferior
expecting failure, not believing that success is possible
a sense of failure which leads to despondency
holding back from realising our potential
getting easily discouraged, losing determination
shying away from taking risks

Positive qualities enhanced by Larch

brimming with self-confidence and self-assurance
inner conviction that each of us is a fine and good person
expecting to succeed, knowing that success comes easily
tendency to take bold and risk-taking steps when appropriate
the determination to persevere and see things through
the ability to act decisively and creatively
getting excited by new challenges
fulfilling our potential

MIMULUS

Negative patterns dissolved by Mimulus

fear of something known, like illness, pain, death, etc
keeping the fear secret, hiding one's anxieties
tending to be quiet and timid, reserved and retiring
inability to laugh at one's fears
paying so much attention to fears and phobias that they tend to grow
nervousness especially in crowds or around conflict

Positive qualities enhanced by Mimulus

personal courage and fearlessness
knowing that we are safe and secure, and acting on this basis
seeing difficulties as opportunities
meeting challenges with our sense of humour
believing that the world is our oyster
being clear about what is really dangerous
living our lives without limits



Oak
Quercus robur

MUSTARD

Negative patterns dissolved by Mustard

attacks of gloom and depression that come for no reason
impossibility of appearing happy or cheerful at these times
getting inwardly self-obsessed and preoccupied
seeing no way to lift the gloom through our own initiative
feeling trapped and overwhelmed by depression until it goes
spontaneously

Positive qualities enhanced by Mustard

being radiant and joyful
having inner peace and serenity of mind
taking a lively and interested attitude towards others
spreading our natural cheerfulness and happiness
taking the initiative to lift negative feelings

OAK

Negative patterns dissolved by Oak

plodding on and on however hopeless without thought of
giving up
tending to overwork and suffering in the process
obstinately sticking at things, even when pointless
not showing tiredness, exhaustion or ill-health
finding it difficult to let go, to relax and to rest properly
sliding into despair, possibly leading to a breakdown
lacking spontaneity or light-heartedness

Positive qualities enhanced by Oak

the ability to give up or stop trying if it is appropriate
taking on only the things that one really wants to do
having the choice about whether to work hard or not
finding it easy to let up, have a break and relax
living a life that has a balance of work, rest and play
bubbling with spontaneity
always open to the possibility of changing

OLIVE

Negative patterns dissolved by Olive

feeling completely exhausted
having no reserves of energy to call upon
everything seeming like a hard uphill struggle
no longer enjoying work, daily life is a grind
total mental and physical weariness after having given too much

Positive qualities enhanced by Olive

the ability to restore our energy and vitality
tapping into our enormous reserves of inner strength
using our energy in the most effective way
recognising our needs and ensuring that they are met
ensuring we have the help we need
appraising situations realistically and doing only what is necessary
bringing a sense of effortlessness to our life's activities

PINE

Negative patterns dissolved by Pine

blaming ourselves at every possibility, feeling guilty
seldom feeling that what we have done is good enough
tending to be self-critical and coping by being unduly
conscientious
feeling bad, and feeling bad about feeling bad
seeing ourselves as inferior, unworthy and not good enough
avoiding taking responsibility for our lives by making excuses
getting trapped by duties and obligations, 'oughts' and 'shoulds'

Positive qualities enhanced by Pine

knowing we are innocent, perfect and completely good
recognising that we've always done the best we could
letting go all thoughts of self-blame, guilt and self-reproach
ability to be gentle on oneself, forgiving and forgetting mistakes
being clear about what one really needs to take responsibility for
reappraising apparent failures and seeing in them the seeds of
success
acting on the basis of one's conviction about right and wrong
self-approval and self-acceptance

RED CHESTNUT

Negative patterns dissolved by Red Chestnut

tending to be over anxious on behalf of others
imagining the worst thing that may happen to someone else
harbouring negative and fearful thoughts which are unhelpful to
others
over-protectiveness towards those we are close to
inability to distance ourselves from the traumas and difficulties of
others

Positive qualities enhanced by Red Chestnut

the ability to send calm healing thoughts to those in need
trusting that people close to us will do what they need to do
keeping calm and relaxed no matter what
visualising positive outcomes
having an appropriate detachment from the problems of others
maintaining our own psychic space, protecting ourselves when
necessary

ROCK ROSE

Negative patterns dissolved by Rock Rose

overwhelming alarm, fear, panic, or terror
suddenly getting very anxious or frightened
becoming numb as a way of coping
having terrifying nightmares
allowing our fearfulness to hold us back and limit us
avoiding the scary challenges that would otherwise help us grow

Positive qualities enhanced by Rock Rose

having unshakeable courage in a crisis
sticking one's neck out for what one believes in
allowing ourselves to shake and tremble when we are afraid
tackling an activity even though it feels scary, taking a risk
having high expectations for ourselves and seeing no limits to our
potential
tapping our inherent power to take charge of any situation



Rock Rose
Helianthemum nummularium

ROCK WATER

Negative patterns dissolved by Rock Water

denying the joys and pleasures of life, self-repression
 choosing to live by rules and theories about what is 'right'
 having a strict and disciplined lifestyle
 excessive rigidity in holding onto ideals, suffering anything in the
 process
 obsessed by one particular approach, seeing it as having all the
 answers
 unaware of the obsessions and compulsions that dominate one
 getting tense, finding it difficult to relax

Positive qualities enhanced by Rock Water

having an adaptable, flexible and openminded approach to life
 enjoying the joys and pleasures of life, being easy on ourselves
 the ability to flow with the current of life, and take things as they
 come
 looking after ourselves well and in a balanced way
 staying relaxed, being spontaneous
 letting go compulsions and obsessions
 putting the emphasis on 'being' rather than 'doing'
 knowing that others can be helped by gentle example

SCLERANTHUS

Negative patterns dissolved by Scleranthus

difficulty in making decisions, procrastinating
 tending to vacillate and change our minds
 missing opportunities through uncertainty or hesitancy
 having fluctuating moods and a changeable outlook on life
 keeping our indecisiveness to ourselves, not asking for advice or
 help
 lacking a sense of balance and inner stability

Positive qualities enhanced by Scleranthus

decision-making is quick, easy and fun
 knowing what makes sense and what doesn't, confidence in one's
 judgement
 acting on our decisions resolutely
 quick to seize opportunities
 consulting widely when faced with a difficult choice
 maintaining our stability and balance
 coming up with elegant solutions to seemingly intractable problems

STAR OF BETHLEHEM

Negative patterns dissolved by Star of Bethlehem

difficulty coping with a shock or trauma
getting paralysed by bad news or an accident
having a mental or physical problem that was triggered by a single event
being unable to let go of the after-effects of previous shocks or traumas
not coping with trauma, withdrawing and becoming isolated

Positive qualities enhanced by Star of Bethlehem

healing ourselves from the effects of a shock or trauma
calming and soothing ourselves after an accident or bad news
letting go of the effects of previous hurts including birth trauma
allowing our tears to flow as part of the natural recovery process
seeking help after a shock

SWEET CHESTNUT

Negative patterns dissolved by Sweet Chestnut

overwhelming feelings of anguish and despair
reaching the limits of our endurance
seeing only desolation, destruction and darkness
feelings of emptiness, isolation, exhaustion and hopelessness
fearing that we may crack under the strain
losing faith in life itself

Positive qualities enhanced by Sweet Chestnut

having faith and trust in life
knowing that when things get so bad, they can only get better
opening ourselves to growing and changing
realistic perspective on our situation
ending feelings of isolation by calling for help
using a crisis in our life as an opportunity to make changes
reclaiming our power to set things right

VERVAIN

Negative patterns dissolved by Vervain

straining too hard, living with stress and tension
being over enthusiastic, even fanatical, about our beliefs
having fixed opinions and ideas, wanting to convert others
tending to be forceful, overbearing and argumentative
over-exerting ourselves to the point of physical exhaustion
always knowing what is best for others

Positive qualities enhanced by Vervain

allowing things to happen with trust and acceptance
relaxing easily, regularly and deeply
being open-minded about new ideas, beliefs and experiences
being gentle on ourselves, meeting our physical needs
having a sense of effortlessness and ease
flexibility and responsiveness to what's happening in the moment
having tolerance and patience for the opinions of others
knowing that big things are done in life with quietness and gentleness

VINE

Negative patterns dissolved by Vine

feeling the need to be controlling and dominating
appearing autocratic and tyrannical
expecting unquestioning obedience
using power to control or limit others
tending to be rigid, strict and inflexible
believing that we are better than everybody else
getting lost in callous or ruthless behaviour, unable to feel compassion
losing touch with our conscience

Positive qualities enhanced by Vine

encouraging others to be strong and powerful
believing in the strength of our own example
respecting the needs and rights of others
becoming an ally to people who have less advantages
acting on the basis of our inherent power, power that empowers others
having compassion and sensitivity towards others
listening well, being open-minded, flexible and trusting
knowing and valuing our closeness and connection with others

WALNUT

Negative patterns dissolved by Walnut

being too easily influenced by the ideas, enthusiasms and convictions of others

being held back by some connection with the past

feeling constrained, limited and restricted by old habits

feeling vulnerable to being undermined or attacked

holding back on growing, changing and blossoming

feeling trapped by old relationships, yet ready to move on

difficulty adjusting to change or transition in our lives

Positive qualities enhanced by Walnut

protecting ourselves from negative influences

breaking through the constraints and limitations of old ways

following our inner conviction about what to do

ensuring we have support in times of change

being impervious to manipulation, ridicule or attack

the freedom to be ourselves

WATER VIOLET

Negative patterns dissolved by Water Violet

appearing aloof and disdainful

feeling isolated, separate and disconnected from others

coping with unhappiness or illness by withdrawing

difficulty making warm close relationships

having feelings of superiority, thinking we are better than others

not trusting love, expressing our love sparingly

Positive qualities enhanced by Water Violet

being sociable, friendly and relaxed in company

being alone by choice rather than by habit

creating warm close relationships with ease

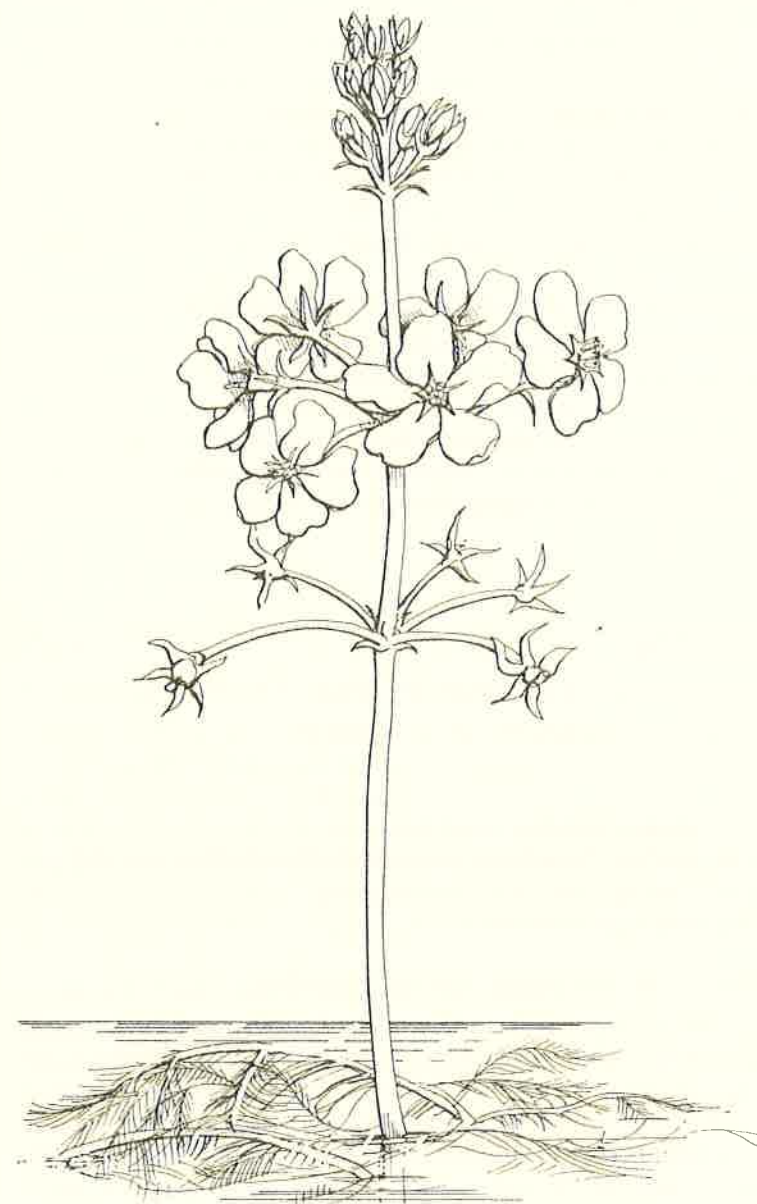
wearing our heart on our sleeve when appropriate

able to share our thoughts, our visions and our dreams

opening ourselves to giving and receiving

acting on the basis of everyone's natural equality

using our enormous capacity to love



Water Violet
Hottonia palustris

WHITE CHESTNUT

Negative patterns dissolved by White Chestnut

being plagued by unpleasant and unwanted thoughts
being preoccupied with some worry or episode
inability to prevent mental arguments that go on and on
difficulty in thinking clearly because of mental chatter
worrying endlessly with no peace of mind
getting tired and depressed because of our mental over-activity

Positive qualities enhanced by White Chestnut

being at peace with ourselves and the world
bringing ourselves to calmness and tranquility
finding the answers emerge from a quiet mind
having a clear and balanced perspective on what is going on
developing the power of our thoughts and imagination
allowing our intuition to come through

WILD OAT

Negative patterns dissolved by Wild Oat

difficulty in knowing what to do with our life
uncertainty about our career, no one career appeals above all
others
having unfulfilled ambitions and talents
getting dissatisfied, bored and frustrated with what we are doing
having the feeling that life is passing us by
not going after opportunities

Positive qualities enhanced by Wild Oat

able to determine our path in life
having specific ambitions, and knowing how to fulfill them
allowing nothing to interfere with our sense of purpose
creating the opportunities that are needed
making a commitment to do something and attracting all sorts of
help to do it
having a purposeful and fulfilling life

WILD ROSE

Negative patterns dissolved by Wild Rose

becoming resigned to our situation in life
lacking interest and vitality, becoming morose and apathetic
giving up too quickly, sometimes not even making an effort
missing out on the simple joys and pleasures of life
apathy in the face of unhappiness
having no motivation to change things or take a positive attitude

Positive qualities enhanced by Wild Rose

taking positive steps to get our life just right
sparkling with vitality and zest and having enthusiasm and interest
in life
thinking big, taking risks and acting boldly
choosing to enjoy ourselves and live our lives to the full
finding our motivation and sense of purpose

WILLOW

Negative patterns dissolved by Willow

difficulty letting go of resentment and bitterness
tending to feel hard done by
easily feeling wronged, slighted
spreading our negativity and bad feelings about others
being quick to blame others for our situation
resenting the success of others
accepting all kinds of help, but finding it difficult to give in return

Positive qualities enhanced by Willow

forgiving and forgetting
taking responsibility for our situation in life
letting go of blame and bitterness
being quick to see the best in others and the world
offering unconditional support, love and encouragement to others
choosing positive attitudes, attracting positive results
using our sense of humour to handle difficult situations

This booklet was written with help from Anke Gottsche, Sarah Hamlyn, Sara Robin, Maureen Ryan and June Tranmer. Clive Jebbett drew the illustrations. Hugh MacPherson works as an acupuncturist and herbalist in York. He also lectures and runs workshops on aspects of the Bach Flower Remedies. If you would like further details write to him at the address below enclosing a stamped addressed envelope:

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Copies of this booklet are available from Hugh MacPherson at the above address at £1.50 a copy. Enclose an A5-sized stamped addressed envelope (or an extra 25p for postage and packing). If you want to buy 10 or more then the cost per booklet is £1.00 and add 10% for postage and packing.

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